

Dementia and the Power of Socialization



Staying socially active and engaging with friends and family on a regular basis can help support brain health for loved ones living with Alzheimer's disease or dementia.

Here are five reasons why:

1. Social interaction may slow symptoms and cognitive decline associated with dementia and Alzheimer's disease.
2. Individuals living with dementia may revert to living in the past, but socialization can provide structure and help the brain connect to the present.
3. Social interaction and regular physical activity help keep the blood flowing and can increase the chemicals that protect the brain.
4. Staying socially engaged can help boost self-esteem, which may translate to better eating habits, more exercise, and better sleep.
5. Increased social engagement can help minimize an individual's sense of loneliness, isolation, stress, and other factors that may contribute to cognitive decline.

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

